

Martial Arts

To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

After-School Karate ♥

Students will learn combination kicks, blocks and punches of Shorin-Ryu Shorinkan style karate. Students will also learn katas and advance through a belt structure. Good choices and behavior are taught along with respect and discipline. Wear comfortable clothing. Karate uniforms are required and may be purchased from instructor.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42832	4:30-5:30pm	M	Sep 14-Oct 26	6c	\$75/\$85
42833	4:30-5:30pm	M	Nov 2-Dec 14	6c	\$75/\$85

Harding Community Center: Auditorium

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43026	4:30-5:30pm	W	Sep 16-Oct 21	6c	\$75/\$85
43027	4:30-5:30pm	W	Nov 4-Dec 16	5c	\$63/\$73

Karate: JKA Shotokan ♥

Youth: Beginning

Introduces students basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 requires instructor approval.

Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42807	4:00-4:45pm	M	Sep 14-Nov 7	15c	\$96/\$106
	8:00-9:30am	Sa			
42808	4:00-4:45pm	M	Nov 9-Dec 21	11c	\$96/\$106
	8:00-9:30am	Sa			

Youth: Intermediate-Advanced

Wed = Harding Community Center: Recreation Hall

Mon/Sat = Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42809	4:45-6:15pm	M	Sep 14-Nov 7	23c	\$120/\$130
	4:00-6:00pm	W			
	9:30-11:00am	Sa			
42810	4:45-6:15pm	M	Nov 9-Dec 23	16c	\$120/\$130
	4:00-6:00pm	W			
	9:30-11:00am	Sa			

Adult

Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

Wed = Harding Community Center: Recreation Hall

Sat = Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42811	6:00-7:00pm	W	Sep 16-Nov 7	16c	\$96/\$106
	11:00am-12:15pm	Sa			
42812	6:00-7:00pm	W	Nov 18-Jan 6	10c	\$96/\$106
	11:00am-12:15pm	Sa			

Adult: Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language.

Wed = Harding Community Center: Recreation Hall

Mon/Sat = Harding Community Center: Auditorium

Instructor: Kevin Warner Carlsbad Shotokan

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42813	4:45-6:15pm	M	Sep 14-Nov 7	23c	\$120/\$130
	5:30-7:00pm	W			
	10:00am-12:15pm	Sa			
42814	4:45-6:15pm	M	Nov 9-Jan 6	20c	\$120/\$130
	5:30-7:00pm	W			
	10:00am-12:15pm	Sa			

Japan Karate Federation ♥

Youth: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment as they learn karate techniques. Through discipline and perseverance the student progresses through the ranks. As the Student progresses in skill, knowledge and conditioning the student will learn more advanced forms, sparring and self defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42815	7:00-8:00pm	M	Sep 14-Nov 7	22c	\$69/\$79
	6:45-8:00pm	W			
	9:45-11:00am	Sa			
42816	7:00-8:00pm	M	Nov 9-Dec 23	16c	\$69/\$79
	6:45-8:00pm	W			
	9:45-11:00am	Sa			

Adult: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment. Introduction to Kodudo and Jui Jitsu will offer students an opportunity to train in multiple martial arts. As the student progresses in skill knowledge and conditioning the student will learn more advanced forms, sparring and self defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42817	8:00-9:15pm	M/W	Sep 13-Nov 7	29c	\$69/\$79
	11:00am-12:15pm	Sa			
	12:30-2:00pm	Su			
42818	8:00-9:15pm	M/W	Nov 8-Jan 6	29c	\$69/\$79
	11:00am-12:15pm	Sa			
	12:30-2:00pm	Su			

Kendo: Japanese Swordsmanship

Beginning

Japanese swordsmanship was known by other names such as Ken Jutsu (sword art) and Batto Jutsu (striking sword art) and primarily developed as a method of combat. Kendo continues to develop character, self-discipline, respect and physical fitness.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y - 65Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43036	3:00-4:30pm	Su	Sep 13-Nov 1	8c	\$40/\$50
43037	3:00-4:30pm	Su	Nov 8-Dec 27	8c	\$40/\$50

Advanced

With the instructor's permission, experienced students wearing armor will pair up and practice attack and defense techniques using a shinai.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y - 65Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43040	4:30-5:30pm	Su	Sep 13-Nov 1	8c	\$40/\$50
43041	4:30-5:30pm	Su	Nov 8-Dec 27	8c	\$40/\$50

Kid's Self Defense and Safety

Learn basic moves to use as self defense and how to react and get away from a stranger. Children will learn what to do if they get lost, how to make an escape route to get out of the house in an emergency and how to answer the door and telephone safely.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43025	12:30-2:00pm	Sa	Sep 26	1c	\$15/\$25

Soo Bahk Do Karate

Basics: Advanced

Soo Bahk Do is a Martial Art practiced as a form of self-defense that is a systematic form of exercise which has been in existence for centuries, develops muscle conditioning, coordination, discipline, self control, confidence and self respect. One may achieve a high degree of mental, spiritual and physical well being.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y - 65Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43034	6:30-8:00pm	Th	Sep 17-Nov 5	8c	\$40/\$50
43035	6:30-8:00pm	Th	Nov 12-Jan 7	8c	\$40/\$50

Women's Self Defense

Take control of your own safety. This workshop provides instruction on functional fighting skills. Learn tactics used by predators to lure you in and recent statistics and behaviors that can save your life. Acquire basic self defense strategies that can be used by anyone of any size, age, or ability.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43024	10:00am-1:00pm	Sa	Sep 19	1c	\$15/\$25

Adopt-A-Trail

Support Recreation in your Community

Keep Carlsbad's trails safe, useable and enjoyable for everyone by "adopting" a trail. Groups can make a one-year commitment to provide volunteers to support a specific trail, or donate funds toward specific trail projects.

For a list of available Adopt-A-Trail projects, call (760) 434-2978.

